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Information from your Patient Aligned Care Provider

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## Coping with a Stressful Situation

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**Here are some tips for coping with stressful situations:**

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1. Take a slow, deep breath. Take another.
2. Become aware of the tension you are experiencing in your body. Relax. Take another slow, deep breath.
3. Think about what it is that is causing you to be upset. Look at the situation as objectively as you can. Look at it like an outside observer might. If a friend was in your current situation, what advice would you give them on how to cope?
4. Think about what you are saying to yourself that is making you so upset. (i.e., "Nothing ever goes right for me!"). Are your thoughts rational and logical or are they overemotional and a bit exaggerated?
5. Make a decision that will support your emotional health. Decide whether you are going to remain calm and handle the situation in the best way possible, or whether you are going to let yourself become more upset and stressed. You have a choice! Tell yourself that and believe it.
6. Now that you have calmed down, choose how you will handle the situation.
7. Remember to occasionally take a deep breath and relax your body. You might silently tell yourself to RELAX as you inhale and exhale.
9. Tell yourself that you can cope with the situation best by remaining calm. Getting upset will not help and may cause you harm. You have the power to determine your reactions. The situation can't make you respond in a certain way. You are in control of your reaction to the situation.

## **Coping with a Stressful Situation (continued)**

### Helpful self-talk

- I can handle this situation.
- This situation may be frustrating, but I can handle it.
- I can choose to get upset over this or I can choose to remain calm.
- I don't have to be perfect.
- Things go wrong for everyone sometimes. I am not alone.
- I will be aware of the things I tell myself that cause me to be upset.
- I will get through this.